

## Virgin Pulse Team Challenges

*Adventure awaits!*

Up for a little healthy competition? Join the challenge, join the fun.

Team step challenges are a great way to get moving, see your progress, and have a blast with your colleagues. Get a team together and step it up. Accept the challenge – we know you’ve got it in you.

### Challenge Kickoff

You’ll get a heads up about the challenges and a reminder to register just before kickoff. Now’s a good time to prepare for your adventure!

### Team up

Join a team, or create your own and be the captain (you even get naming rights!). Invite your friends to join you on your journey. Follow your rivals to fire up the competition!

### Get moving and stay connected

Make sure you’ve got your device or mobile app connected. Then use the challenge chat to rev up your team and rack up your steps.

### See how your team stacks up

Keep your eye on the overall challenge leaderboard to see how your team is doing against the competition and maybe even drop a little smack talk on your rivals (keep it friendly, please). **Most importantly, have fun and connect with your colleagues!**

